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# Aging

U.S. Department of HEALTH, EDUCATION, and WELFARE

No. 19 - September 1955

## The Council of State Governments Outlines a Plan of Action in Aging

The report of the Council of State Governments to the 1955 Governor's Conference which met in Chicago August 9-12 is, in every way, an exciting document. Based on a study, authorized by the Conference of the preceding year, it reflects the growing awareness of the aging challenge on the part of State Executives throughout the country, and offers not only an acute analysis of the problems involved but a concrete program for action.

Issued under the title "The States and Their Older Citizens," the report is the work of Ernest W. Burgess, Emeritus Professor of Sociology at the University of Chicago, and Sidney Spector, Director, Interstate Clearinghouse on Mental Health of the Council.

Part I discusses "Origins, Nature and Magnitude of the Problem," and presents in compact form a vast array of pertinent data in all aspects of the problem. Part II deals with "Action in the States" and gives examples of a wide range of programs and activities undertaken to meet the various areas of need. Part III, "Coping with Problem," points out the wide gap between acknowledged needs and current action and discusses what steps must be taken to bridge the gap.

In a 14-point action program, the report calls for the abolition of compulsory retirement, the elimination of discriminatory hiring practices, and the development of services for the rehabilitation, vocational training and retraining of older workers. It also urges more adequate

old-age assistance with special provision for medical care.

Other areas in which the report recommends State action are Housing, Prevention of Deterioration, Rehabilitation (in hospitals and nursing homes), Medical Home Care, the Screening of Mental Patients, grants for the construction of Nursing Homes, encouragement of Activity Centers, the Training of Professional Workers, stimulation of Adult Education, the establishment of Gerontological Research Centers, and the more effective coordination of State government and private agencies working in the field.

Under the last heading, the report recommends the appointment by each Governor of a special assistant in aging, equipped with an adequate staff, to plan and carry out a comprehensive State program for the aging, and the establishment of an interdepartmental Committee of State Government, with the Governor's assistant as its secretary or chairman. It also recommends a Citizens Advisory Council appointed by the Governor, and representative of all groups interested in aging problems, which shall work closely with the interdepartmental committee.

The appendix to the report contains 30 tables of significant statistics in the field, and also an extensive bibliography listing the source material of the study. Copies of the report are priced at \$3.00 each and may be had by writing to the Council of State Governments, 1313 East 60th Street, Chicago, Illinois.

## **New Foundations and Societies Established in Aging Field**

During the last several months, a number of foundations and societies of more than ordinary significance have been established in the aging field. These new groupings reflect a developing effort to create institutions dealing with the basic problems arising in the field and to foster both research and community activity.

### American Society for the Aged

Organized last March, the Society is an outgrowth of interest in the aging field on the part of Miss Mary Pickford - "America's Sweetheart" from the days of the old silent movies. Miss Pickford is chairman of the board, and the executive vice president is Harry A. Murphy, formerly of the American Cancer Society.

Serving as members of the Society's Scientific Committee are Dr. Ernest W. Burgess, Professor Emeritus of Sociology, University of Chicago; Dr. George S. Sperti, Director of Institutum Divi Thomae, Cincinnati, Ohio; Dr. A. I. Lansing, Chairman, Department of Anatomy, Emory University, Atlanta, Georgia; Dr. Reuben L. Kahn, Professor of Serology, University of Michigan; and, as chairman, Dr. E. V. Cowdry of Washington University, St. Louis, Mo., former president of the International Gerontological Association.

The Sponsors Committee includes a number of important industrialists from various parts of the country.

The intent of the Society is to serve the aging field much as the American Cancer Society and the National Foundation for Infantile Paralysis serve their respective fields. It will collect and disseminate information on all phases of the subject, undertake and finance research, cooperate with existing voluntary agencies, cooperate to develop studies and programs on a community, state and national basis, and assist in the establishment, development, equipment and maintenance of hospitals, clinics, laboratories, or other facilities for the care of the aged.

Plans for expansion on a national scale have been made and various important people are being asked to assume area chairmanships. Offices have been established at 590 Fifth Avenue, New York 36, New York.

### Gerontological Research Foundation

In St. Louis another Foundation, of more limited scope, has been organized. Its primary purpose is education and the furthering of research. Membership is in two categories: lay individuals and a Scientific Council to carry on research and disseminate information.

Plan is to issue a series of pamphlets summarizing, in nontechnical language for the layman, all the latest medical knowledge and opinion, which will help the individual negotiate successfully the transition into his later years. The Foundation will also collect funds for disbursement by the Council to worthy research workers doing any type of work in the field. So far, over \$40,000 has been collected for this purpose.

Leading spirit in the organization of the Foundation, and its Director of Scientific Research, is Dr. William B. Kountz of Washington University and one of the earliest pioneers in the field. While membership is at present confined chiefly to the St. Louis area, the Foundation is set up to handle funds and carry on its program in any area. The address is 5600 Arsenal Street, St. Louis 9, Missouri.

### Florida Council on Aging

Two regional Gerontological Associations have recently been established: one in Florida, the other on the West Coast.

The Florida Council on Aging was organized in Miami in May. Its purpose is to "promote scientific study of the aging process and foster the growth and dissemination of knowledge relating to that process" in all major aging areas, and to make specific legislative recommendations. Affiliation with organizations of similar interests is contemplated to incorporate grassroots community action groups and (ultimately) with the national Gerontological Society, Inc.

President is Sidney Entman of Jacksonville; Vice President is Samuel Gertman, M.D. Miami; and Secretary-Treasurer is Professor Irving L. Webber of the University of Florida, Gainesville, from whom additional information may be obtained.

### Western Gerontological Society.

The Western Gerontological Society in holding its first meeting September 1 and 2 at the Cliff Hotel in San Francisco. Initial organizing steps were taken last spring when a group of 22 West Coast professional people met to consider ways and means. The Society will have divisions of clinical medicine, biology, psychology, and social science, social work and administration. It will be concerned with all aspects of later maturity such as medical care, biological research, housing, social services, education, recreation, employment.

The first day session of the September meeting will be devoted to section meetings on (1) biology and medicine, (2) psychology and sociology, and (3) general, a general meeting reporting on recent West Coast developments, and a business meeting. A feature of the second day meeting will be a joint session with the Division of Maturity and Old Age of the American

psychological Association on "the Development of Preretirement Counseling Programs."

Membership in the Society is open to all persons, professional or lay who are concerned with the problems of aging, and to members and Fellows of the national Gerontological Society. Annual dues are \$1.00. It is planned to request affiliate status with the national Society. For further information, address Louis Kuplan, 1025 P Street, Sacramento 14, Calif.

## Progress in Pasadena

Pasadena, California's chief claim to fame may still be its Rose Bowl, but it is progressively acquiring a reputation for imaginative community action in the aging field. The Pasadena area has twice the proportion of older persons in its population as either the State of California or the Nation as a whole. Over the past several years five neighborhood centers have been established, serving thousands of senior citizens. And there has been a healthy emphasis on adult education and other activities.

More recently, a Pasadena-Altadena Committee for Senior Citizens has been formed, representing practically every civic organization in the community. Its chairman, the Rev. Max Morrison, is pastor of one of the leading churches.

The first objective of the Committee is to plan, finance and erect a centrally located senior center to supplement the facilities and programs of the five existing neighborhood centers. Along with this, it is laying plans for a centralized program of counseling and information on matters of employment, housing and community opportunities. Its aim is to supplement rather than to compete with existing facilities. It will work to make both the community and its senior citizens aware of the many cultural opportunities which the community affords, as for example, the excellent Tuesday Evening Forum of the Pasadena City College, conducted by the Extended Day Division of the Pasadena School System.

According to Douglas G. Wolf, a member of the Steering Committee, the Committee is not in the business of "keeping old folks happy until they die." It is acting on the assumption that the community has as much to gain from its senior citizens as the citizens have to gain from the community, and is striving to tap the vast resources which it feels exist in this segment of its population to strengthen the community as a whole.

Furthermore, it is maintaining a strictly flexible approach and turning to the neighborhood centers to discover what the senior citizens themselves want, rather than deciding arbitrarily what they "ought to have." And as a panel discussion speaker put it, "This is not just a welfare

job for needy senior citizens, but rather a job for all senior citizens. All of us, irrespective of economic status, have fundamentally the same needs in life."

## The Old Order Changeth

Oak Glen in Rock Island County, Ill., is an admirable example of what happens when a modern-minded County Board sets out to build a new Home for the Age.

Earmarking some \$800,000 for the construction of the building and purchase of equipment, the Board has produced a structure with the long rambling lines of an elaborate motel which bears no resemblance to the ordinary institution of this sort. There are separate dormitory wings for the men and for the women, and an area set aside for couples. Each of the rooms is tastefully decorated in gay contrasting colors, and no two rooms are alike. The halls and various meeting rooms are papered in modern decorator colors and designed to give a softer, more homey atmosphere. Meals are served in a community dining room.

While every effort is made to avoid an institutional atmosphere, the Home is run with the efficiency of a hospital. All furnishings are functional, with the comfort of the aged residents in mind. The Home has a staff of 102 employees for its 187 residents, of whom 43 are nursing staff.

The Home employs an occupational therapist to interest its residents in a handicraft program and to supervise that program. Weaving rugs, woodworking, leather work, sewing, embroidery, and other activities rekindle enthusiasm in these older folks. The fact that the rugs, purses, toy furniture, and other items they make are actually needed, and will be used in other local institutions, gives the residents a sense of usefulness.

Oak Glen is maintained at no cost to the county. It is operated on the fees charged the self-paying residents and the fees paid by the State and township for aid recipients. The self-paying residents constitute 40 percent of the total.

## Grant-in-Aid Bill for States

U. S. Senator Alexander Wiley of Wisconsin has introduced a bill to "authorize grants to the States for the development and improvement of programs for services for the aging and the aged and for other purposes." For the first year \$2,000,000 will be available, chiefly earmarked for surveys; for the second year \$10,000,000; and for the 3 succeeding years such sums as the Congress may determine. For a copy of the bill, (S.2279) write to Senator Wiley's office, Senate Office Building, Room 427 Washington 25, D. C.

# Aging

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AGING is a medium for sharing information about programs and activities among agencies and organizations in the field, their staffs and board members and other interested individuals. Communications and items suitable for publication should be sent to Clark Tibbitts, Chairman, Committee on Aging, of the Department, Washington 25, D. C.

Subscription: 50 cents a year for 6 issues, domestic; 15 cents addition for foreign mailing; 10 cents for single copy. Send to Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. The printing of this bulletin has been approved by the Director of the Bureau of the Budget, August 13, 1954

## Eighth Annual Univ. of Michigan Conference

The most ambitious and, in many ways, most successful of the annual University of Michigan Conferences on Aging was held in Ann Arbor, June 27-30, under the able direction of Dr. Wilma Donahue. Over 800 delegates from 33 States and 3 foreign countries attended. And Michigan's Governor, G. Mennen Williams, after participating in an evening panel discussion, remained to call out the figures in an exuberant square dance.

Represented among the co-sponsors were the U. S. Civil Service Commission, the Department of Health, Education, and Welfare, the Department of Labor, the Housing and Home Finance Agency, the Council of State Governments, the United Auto Workers (CIO), as well as the

Michigan State Medical Society and a half dozen Michigan State agencies.

The title "Applying Today's Knowledge Today" reflected both the intent and the achievement of the Conference. Organized into 22 workshops which covered practically every phase of aging activity, it brought into focus the "how to do it" experience of a large number of experts and seasoned workers. The conduct of most of these workshops gave evidence of the thorough preparation, on the part of their chairmen, that had gone into their organization. And most of the delegates seemed to agree that they "had got what they came for."

A series of General Assembly meetings offered a number of provocative panel discussions and addresses on topics ranging from the resources of the Federal Government and the utilization of the manpower of older workers to the implications of automation to the aging. Speakers and panel members at these meetings, in addition to Governor Williams, included U. S. Senator Charles E. Potter (Mich), Under Secretary Arthur Larson, U. S. Department of Labor, the Department's Director of Employment Security, Robert C. Goodwin, and M. Carter McFarland, Acting Assistant Administrator, U. S. Housing and Home Finance Agency.

A highlight of the Conference was the report, at the final "June Breakfast" session, of the seminar on "Emerging Principles, Concepts and Questions in Aging." Organized by Clark Tibbitts and Dr. Joseph H. Douglass of the U. S. Department of Health, Education, and Welfare, a group of some of the top research people in the country devoted the three days of the Conference to exploring "next steps" and gaps in knowledge which remain to be filled in. The report, in the form of a panel discussion, provided an intensely interesting summary of their findings.

The over-all report of the Conference will be published by the University of Michigan Press as soon as the enormous amount of material involved can be organized and edited.

## Conferences

Following the successful Governor's Conference on Aging at Olympia, Washington, in May, an Inland Empire Conference will be held at Spokane. Dates are September 26-27. The General Chairman is Rev. T. E. Dorpat, St. John's Lutheran Church, Third & Division Sts., Spokane 8.

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The Eighth Annual Scientific Meeting of the Gerontological Society, Inc., will be held October 27-29 at the Sheraton-Belvedere Hotel, Baltimore, Md. Chairman of the Program Committee is F. D. Zeman.

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(Continued from Page 4)

New York's first Governor's Conference on the Problems of the Aging to be held in Albany, October 18-20, stems from recognition that the "problems of the aging are an important executive concern of the State Government." Conference will be strictly an invitation affair, limited to approximately 200 State leaders, lay and technical, and will work through 11 subcommittees. The veteran and pioneer State Joint Legislative (Desmond) Committee is actively cooperating.

## The Way the Wind Blows

The California Legislature has approved the establishment of a Citizens Advisory Committee on Aging of 12 members, 4 of whom will be legislators. Committee will work closely with the Interdepartmental Coordinating Committee. A substantial appropriation for expenses is provided.

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New York State Legislature recently appropriated \$50,000 to set up a job counseling service in the State Employment Service for 45 plus job seekers. Bill sponsored by the Desmond Committee. Estimated it will help 10,000 older workers to get jobs.

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Ready for distribution in October will be the motion picture "A Place to Live" produced by Dynamic Films, Inc., for the National Committee on the Aging of the National Social Welfare Assembly. Film emphasizes standards for Homes for the Aged and is based upon the recent published studies in this area by the Committee. Address Committee at 345 East 46th Street, New York 17.

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One thing leads to another. Last fall the Extension Division of the University of Pittsburgh offered a short informal course on Preparation for Retirement which drew a registration of 47. As a result of its success, the Division produced a 6-week TV program on the same subject which was shown last spring on Station WQED under the sponsorship of the Health and Welfare Federation of Allegheny County. Pittsburgh hopes to repeat this year.

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New York City. Plans are under way to construct a recreational center in Central Park reserved for older persons. Financed by a \$250,000 grant from the Flora Lasker Foundation.

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Dallas, Texas, recently staged a one-day Inter-Faith Church Conference on Aging. Chairman was Rev. Arthur G. Swartz. Communities contemplating a similar conference might write

him for "how to" information at the conference address 426 S. Akard St., Dallas 2.

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The Department of Christian Social Relations of the Episcopal Diocese of Ohio held a four-day conference in July for Senior Church Men and Women. Expectation is to make it an annual affair.

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The Wall Street Journal reports that the H. J. Heinz Co. of "57 Varieties" fame is developing a new line of "Senior Foods" designed "to help oldsters live longer." A market test will be made in the Cincinnati area on high protein, low-calorie stews (beef, lamb and chicken). Sponsor believes that in 10 years the demand for "geriatric foods" may exceed that of baby foods.

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The Richmond (Va.) News Leader runs a "Golden Age Page" once a week devoted to the interests of its older citizens. A highly successful feature which might profitably be copied in your hometown newspaper.

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Chicago. The Edgewater Senior Center sponsored by Lutheran Services to Older People staged an exhibit of ceramics and other crafts created by its craft classes. Chairman of exhibit was 81-year-old Mrs. Mattie Haas. Executive Director of the Lutheran Service is Harold W. Reisch.

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Your Second Lifetime: A Workshop on Retirement Planning will be offered at Queens College during the Fall. Julietta K. Arthur, author of "How to Help Older People," is the instructor.

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A Health, Welfare and Pension Plan Seminar was conducted, July 11-15, under the auspices of the New York State School of Industrial and Labor Relations - for management and labor people working in industrial and labor relations fields. Program Chairman, Prof. John W. McConnell, Cornell University, Ithaca.

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American Medical Association is setting up a committee on medical problems of senior citizens. The committee will function as a division of the Council of Medical Service. Dr. Joseph McCarthy of Omaha is chairman; Mr. Thomas Hendricks of Chicago will be executive secretary.

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Retired physicians and farmers rank high among those purchasing lots in Trailer Estates, according to an official of its sponsors, the Gulf Development Corporation. Located at Sarasota, Florida, with 13 acres of recreational facilities, the project is geared to comparative

low cost living and will be ready for occupancy this August. Claim is made that 2 million Americans now live in "mobile homes," meaning trailers. So why not? For information write Box 3840, Sarasota.

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Some 250,000 packaged, rolled bandages were produced over the first year of its operation in a project initiated by the Friendship Club of the East Bronx Community YM-YWHA, New York City, for the benefit of Mt. Sinai Hospital. Provides the hospital with a steady source of supply and saves it money, in addition to all the obvious therapeutic advantages accruing to the older persons themselves.

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Home for Aged and Infirm Hebrews of New York has recently embarked upon a new experimental type of apartment living in which residents use facilities of the Central Home but sleep and live away from the Home.

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Schenectady, N. Y. A Society of Senior Citizens has been organized with a 9-point program to work for the betterment of older people. Membership limited to those 45 plus. Ernest E. Herman is President and the address is 1467 Sumner Avenue.

## Books, Pamphlets and Reports

National Association for Mental Health, Inc., has published a series of 6 Notes For After Fifty. Author is Edith M. Stern, co-author of the excellent "You and Your Aging Parents," with Edward Linzer, Director of Education and Program Services of the Association as editorial consultant. Written in popular lay style and issued in an attractive form, these Notes explore the entire gamut of problems which the plus 50 individual faces in the later years and help him work out his own solution.

Designed for distribution by organizations concerned with the aging and especially those offering group counseling programs, with blank space to carry the organization's own imprint. Sample sets of 6 are priced at \$1.00; in quantities of 100-999, 35 cents; and corresponding decrease for larger quantities. Decidedly worth sending for to see how you can make use of the series. Address the Association at 1790 Broadway, New York 19, N. Y.

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How to Earn An Income While Retired, Norman D. Ford, Harian Publications, Greenlawn, New York. \$1.50. Eighty-eight pages filled with suggestions on how to develop an income with easy-to-start, part-time, and seasonable businesses for young and old planning for retirement. "Ride A Hobby---with Pay," "Busi-

ness for Widows," "Income Earners for Retired Invalids and Shut-Ins," "There's Treasure in your Spare Room" are merely 4 chapter headings out of 12 equally stimulating ones.

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Ageing-General Aspects. Edited by G.E.W. Wolstenholme and Margaret P. Cameron for the CIBA Foundation. Boston. Little, Brown & Co. 1955. Pp xii / 255. \$6.75. Report, in the form of papers and discussion, of a colloquium sponsored by the Foundation in London prior to the Third International Gerontological Congress. Scientific discussion of biological and psychological aging by scientists for scientists.

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New Teachers for the Nation's Children--an Idea for Community Action is the title of Leaflet 23 issued by the Women's Bureau of the U. S. Department of Labor. Sets forth the plan sponsored by the Bureau and the Office of Education of the Department of Health, Education, and Welfare, to provide accelerated teacher training for mature women college graduates as a way of overcoming the teacher shortage. Cites experience in Southern California, Ohio, and Detroit, where similar programs have already proved successful. For sale, 15 cents, Superintendent of Documents, Government Printing Office, Washington 25, D. C.

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Adult Education and Group Work by Louis Lowy, Pp. 214. \$4.00, Whiteside, Inc. In many ways a pioneer book in which the author shows, in simple non-technical language, how the group method can be used effectively in adult education. The chapter on older adults contains, among other things, a "blow by blow" account of the way a Golden Age club was organized and developed to become a hugely successful community operation.

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Two more excellent publications issued by the National Committee on the Aging of the National Social Welfare Assembly:

Planning and Action to Meet the Needs of Older People is a report on experience in Rhode Island, Westchester County, N. Y., and Madison, Wisconsin. Good straight-from-the-shoulder information. Pp 20, multilithed 30¢.

Camping for Older People, by the Committee's Secretary, Geneva Mathiasen. A survey of this rapidly expanding area of activities based on the experience of various groups in a dozen large cities over the past 5 years. Invaluable for any group contemplating such an activity. Pp. 7, mimeographed 10¢.

Address the Committee, 345 East 46 Street, New York 17, N. Y.

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The Committee on Housing for the Aged of the Philadelphia Housing Association has issued a mimeographed report on Housing for the Aged. The report identifies various auspices under which housing might be built, and makes 12 forthright recommendations to public and private agencies. Copies available from the Association, 1717 Sanson St., Philadelphia 3.

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Active Living in Added Years. This is a unique product of the Governor's Council for Aging Population, State of Washington. It's a loose-leaf "Handbook on Community Organization for Senior Adults" - packed with much good sense and know-how, with the promise of 8 more sections to come. The preface says copies are available on request, which is a generous offer. If you're involved in community activity with senior citizens, you'll want one. Write to Margaret Whyte, Council's Executive Secretary, Box 1162, Olympia.

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The Problem of Making a Living While Growing Older: Age Barriers To Employment. Philadelphia: Temple University and Commonwealth of Pennsylvania. 1954. Pp. 144. Proceedings of the Third Joint Conference on the older worker, dedicated to promoting his continued utilization. Focus mainly on personnel policies and education of all concerned.

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The Medical Care of the Aged and Chronically Ill, by Freddy Homburger, M.D. Boston Little, Brown and Company. 1955. \$5.75. Written for physicians by a fully informed, forthright physician and teacher, and in a style that makes it useful to lay persons who wish to know what the attending physician is doing or what to expect of him. Total underlying point of view is that the aged are entitled to be as functional and comfortable as medical science can make them.

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Morbidity in the Municipal Hospitals of the City of New York, by Marta Fraenkel and Carl L. Erhardt. Russell Sage Foundation, N. Y., 1955. 229 p., \$4.50. This report is a comprehensive analysis of in-patient data covering color, sex, age diagnosis, length of hospital stay, condition on discharge, surgery performed, etc. Previous experience in hospital morbidity reporting is also summarized. Adjustments for declining hospitalization of children and the growing role in total morbidity of long-term diseases and the increasing proportion of aged are indicated.

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The Industrial Relations Center of the University of Chicago is offering a Retirement Planning and Preparation Program for business and industrial organizations under the guidance of a

trained conference leader. Several well-known concerns have made use of the program and have expressed their enthusiasm for the method and results. Fees are moderate. An attractive brochure "Making the Most of Maturity," describing the program in detail, can be had by writing the Center at 975 East 60th Street, Chicago 37.

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Appraisal of Opportunities for Older People is a blueprint for development of services in Schenectady County, New York. 49 mimeographed pages cover the general range areas of the field with indigenous and fresh imagination. There's also an 11-page, printed summary available under the same title. Write Mr. R. B. Lefferts, Executive Director, Community Welfare Council, 206 Lafayette St., Schenectady.

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"Mister Chairman" and Officers' Hand Book are pamphlet publications of The Hennepin County Welfare Board developed as tools for officers and members of Senior Citizen Organizations. If you'd like to see sample copies, write to Jerome Kaplan, 134 Court House, Minneapolis.

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The Home Front for June describes several significant developments in the program and facilities of The Home for Aged and Infirm Hebrews of New York. If you're in the field of group housing for older people, you'll probably want a copy. Write to Norman Biller, Executive Director, 121 W. 105th St., New York 25.

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Suggested Standards and Practices for Organizing and Operating Activity Programs for Older Adults is a title explaining precisely the content of an excellent pamphlet issued by the Nassau County (Long Island, N. Y.) Council of Social Agencies, Inc. Send 35 cents to Mrs. Lester M. Malitz, 34 Devon Road, Rockville Centre, New York.

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Social Security Bulletin for June 1955 includes two articles of interest to many in the field. First is a comprehensive analysis of "Economic Resources of Persons Aged 65 and Over" by Lenore Epstein. Second is "Estimated Prevalence of Long-Term Disability, 1954" by A. M. Skolink. Write Social Security Administration, Department of Health, Education, and Welfare, Washington 25, D. C.

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Gerontology is a 93-page mimeographed report of a 5-day Institute conducted in August 1954 for students of the Departments of Health Education at the University of North Carolina and North Carolina College. Includes papers and discussion summaries in health, education, economics and employment, recreation, housing. You may

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be able to obtain a copy from Prof. Lucy Morgan, School of Public Health, University of North Carolina, Chapel Hill.

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Institute of Homes for the Aged on Health Problems in Homes for Older People is the title of a 19-page mimeographed report of an Institute held under the auspices of the Welfare Council of Metropolitan Chicago. Copies available at 50¢ from the Council, 123 W. Madison St., Chicago 2.

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Volunteer Leadership Aids for Senior Citizens Activities. This is a mimeographed compilation of material on ideas, techniques, and reading materials for people conducting recreational-educational programs. Karl Edler, Director of The Omaha Senior Citizens' Program, reports that he has copies available for the writing - to City Hall, Omaha 2.

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An intelligent food guide for people over 40 has been issued under the title "Many Happy Returns" by National Dairy Council, Chicago 6. (No street address given.) Probably available for quantity distribution.

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Friendly Visitors is the seventh in the excellent series of reports on "How Public Welfare Serves Aging People" issued by the American Public Welfare Association, 1313 East 60th Street, Chicago 37. Single copy 30 cents; quantity discounts.

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A summary of the Medical Research Accomplishments of the National Institute of Health of the U. S. Public Health Service for 1954 can be had by sending \$1.00 to the Social Legislation Information Service, 1346 Connecticut Avenue, Washington 6, D. C. Covers all aspects; mental

health, neurological diseases, cancer, heart and others.

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Learn To Earn. Six professional women's clubs of Washington, D. C., got together to compile and publish this 34-page directory, entitled "A Guide to Job Training Courses for Older Women in the Metropolitan Area of Washington, D. C." Nice idea, don't you think? If you do, you may obtain a free copy from Mrs. Mary Resk, Principal, Burdick Vocational School, 13th and Allison Sts., N.W., Washington.

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Reprints are available of a magazine article dealing with the Moosehaven Booster, a highly successful journal issued by and for the residents of the well-known community for old folks operated by the Loyal Order of the Moose. Now in its sixteenth year, the journal is a good example of how a well-edited, newsy publication can boost morale. Address: Dr. Robert W. Kleemeier, Moosehaven, Orange Park, Florida.

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The Minnesota Department of Health has issued a Directory of Licensed Hospitals and Related Institutions, with addresses, owners, and number of beds available.

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To Keep You Posted reappeared in June with an account of Washington State's effervescent conference on aging and with notes on developments around the State. Margaret Whyte, Executive Secretary, Governor's Council for Aging Population, Olympia, can probably squeeze your name into her mailing list.

Don't forget to renew your subscription to Aging promptly. Remember, only one notice of expiration can be sent to subscribers.

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